

DRUG FACTS

Active ingredient(s)

Purpose

Use(s)

- reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

Warnings

Do not use

- if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

Ask a doctor before use if you have

- a sodium-restricted diet
- heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
- high blood pressure not controlled with medication. Nicotine can increase blood pressure.
- stomach ulcer or diabetes

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking prescription medication for depression or asthma. Your prescription dose may need to be adjusted.

When using this product

Stop use and ask a doctor if

- mouth, teeth or jaw problems occur
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness or rapid heartbeat

If pregnant or breast-feeding

Keep out of reach of children

Pieces of nicotine gum may have enough nicotine to make children and pets sick. Wrap used pieces of gum in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

- if you are under 18 years of age, ask a doctor before use
- before using this product, read the enclosed User's Guide for complete directions and other important information
- stop smoking completely when you begin using the gum
- if you smoke 25 or more cigarettes a day; use Nicotine Polacrilex Gum, 4 mg
- if you smoke less than 25 cigarettes a day; use according to the following 12 week schedule:

| Weeks 1 to 6 | Weeks 7 to 9 | Weeks 10 to 12 |
|----------------------------|----------------------------|----------------------------|
| 1 piece every 1 to 2 hours | 1 piece every 2 to 4 hours | 1 piece every 4 to 8 hours |

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingling is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. Stop using the nicotine gum at the end of 12 weeks. If you still feel the need to use nicotine gum, talk to your doctor.

Other information

- each piece contains: calcium 100 mg and sodium 11 mg
- store at 20-25°C (68-77°F)
- protect from light

Inactive ingredients

acesulfame potassium, calcium carbonate, carnauba wax, flavors, gum base, sodium bicarbonate, sodium carbonate, sorbitol, talc